

A Dinner of 16th Century Spain



by Senhora Rafaella d'Allemtejo, GdS
An Tir Kingdom Arts & Sciences Championship
March A.S. XXXVI (2002)

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Overview

A recent English translation of Ruperto de Nola's 1520 *Libre del Coch* intrigued me. As a student of Iberian culture, I envisioned a small dinner party (6-8 people), perhaps noble couples gathering at their evening meal. What might they eat? How would it be prepared? I set out to conquer the translated yet unredacted recipes of this cookbook.

The life of this particular cookbook is somewhat convoluted. The translator explains in her introduction: "The *Libre del Coch* was published in 1520 in Barcelona. It was written in Catalan -- a language related to, but distinct from, Spanish. The author, listed only as "Maestre Robert", identified himself as the cook to Ferrando (or Fernando), King of Naples. The book was extremely successful. It was republished four more times in Catalan, and ten times in Spanish, and 55 of its recipes were plagiarized by Diego Granado for his 1599 cookbook. The first Spanish edition, in 1525, entitled *Libro de Cozina*, called the author Ruperto de Nola. He has been referred to by that name ever since. The author's identity and nationality are still matters of speculation. He may well have been Catalan, since he wrote in that language. If "Nola" was truly his surname, he may have been an Italian, from the city of Nola in the province of Naples. The king he served was probably Ferrante I, King of Naples from 1458-1494.

The Spanish editions of the *Libre del Coch* were also revisions. New recipes were added, and some of the old ones changed. Variations in vocabulary and writing style indicate the influence of multiple editors. This translation is based on the 1529 Spanish edition, entitled *Libro de Guisados*. It is, in a sense, a translation of a translation, since the parent document was written in Catalan." (Carroll-Mann: 1)

Is this truly a Spanish cookbook? Is it specifically Catalanian? A case may be made for the origin of the recipes being Italian as well. Without further information I decided to treat the overall entry as a Spanish one.

Part of the fun in redacting from period recipes is that sometimes they are not written in logical cooking order. The author assumes his audience knows certain things like Lenten food restrictions or to leave broth in the pot or how long to let something boil. The quest to recreate what the author intended is part of the detective story that is medieval cookery.

Arrangement of recipes and text

The recipes have been given numbers by the translator for ease of reference. She has also done extensive research and footnoting which are the numbers in parenthesis within the recipes. In the discussion for each recipe I will quote the footnotes after the translation, then give my redaction and explanation. The documentation is in the order of the menu. My redactions are intended to serve eight.

Menu decisions

Armed with the cookbook translation, I needed to choose which and how many dishes to prepare. It was during this research process that a link was sent to the *Medieval_Spain* discussion list which was the website of two professors in Spain who published the text of a 1568 Spanish menu. (Hernandez: 1) The menu is as much an inventory of items made and purchased for two different meals but it is one (if not the only) menu to survive extant from period Spain. The Archbishop for whom these meals were served was Juan de Ribera, Archbishop of Valencia (1568-1611). There are two meals mentioned, a supper (lunch) and a dinner.

I attempted to use an online translation service but did not receive satisfactory results. I asked for help on the Medieval_Spain list and received a complete translation in a matter of days. This side-by-side translation is available as Appendix A. It was many weeks later that I found a translation for the dinner had already been done for the Madrone Culinary Guild's Early Spanish Cuisine publication. (Rain: 9)

I was glad to have the inventory as a starting point for menu preparation. A translation of the dinner menu (serving 5 people) follows:

Bread, wine and sweet oranges. - 2 roasted hens. - 6 roasted partridges.- Half a kid in crust (5 egg yolks, lard and spices). - Roast boar. - "Stoned" ram meatballs with 8 egg yolks. - Stewed ram, 2 pounds. - Turnips in bacon. - Stewed pork, 2 pounds. - Large apples, 4 pounds. - 2 cardoons [a thistle-like plant, *Cynara cardunculus*, allied to the globe artichoke, with leaves used as a vegetable]. - Olives and cheese, 50 nuts.

Like the dinner menu, the lunch menu is mainly meat dishes. I know this does not suit most modern tastes as an entire meal, and besides, what fun is it to recreate only meat dishes? I wanted a chance to see what vegetable dishes would have been served too. I considered that it would be Lent by the time the Kingdom A&S event was held. Like other areas of Western Europe in period, Lenten foods in Spain had special constraints, for example, no meat or meat products. Recipe #238 has a specific instruction that one should cook the dish "on a day of eggs," meaning that it should not be cooked during Lent when eggs were prohibited. (Carroll-Mann: footnote 157). I considered that there may be vegetarians in the judging pool. I considered that many folks seem to have food allergies and reactions these days. Since I had no way of knowing who would be tasting this entry, I decided to pursue my goal of developing a simple Spanish Renaissance dinner party menu. I chose dishes I knew my friends would enjoy any day of the year. The dinner menu (above) is a tremendous amount of food for a standard dinner party (or A&S event entry for that matter) so I chose to do a representative sample of dishes.

It is tempting to assume that the order of the items given in the inventory is the order in which they would be served. It may be true, but we have no way of knowing. In another section of the *Libre del Coch*, the author discusses the order of a meal:

"First the fruit, and after it a pottage; and then roast, then another pottage and then cooked [things, like stews]; unless it is manjar blanco [blanc manger], for this pottage is usually given at the beginning, after the fruit. Some lords eat at first all that is stewed, and then all that is roasted. If there are frying pan fruits [cheese or fruit fritters] it must be given afterwards, as it were, and then the other fruit. And this is the way and manner in the service, according to the custom of the court of the king my lord." (Rain: 12)

A Sampling of Spanish Cookery and Customs

I chose to create a non-alcoholic drink and five dishes and arranged them according to de Nola:

Recipe 4. Clarea from Water (Clarea de Aqua) [spiced Water beverage]

Recipe 84. Modern Pottage (Potaje Moderno) [a dish of Greens]

Recipe 28. Pottage of Coriander Called the First (Potaje de Culantro Llamado Pimo) [Chicken pottage]

Recipe 51. Thick Eggplant (Berenjenas Espesas)

Recipe 110. Dobladura of Mutton (Dobladura de Carnero) [Meat stew]

Recipe 16. Apple Dish (Pomada)

Bread, oranges, and almonds will be served as accompaniments to the dinner per the translated menu. A white tablecloth and a dish of salt will be placed on the table in the manner of the day.

Catalonians drank wine at dinner, possibly watered, and not to excess. (Santich: 39) As some SCA venues do not permit alcohol, I thought it better to avoid the issue completely. In my research, the non-alcoholic beverage recipes are harder to come by in the period cooking literature.

Catalonians were known for their good table manners, especially for their sleeves not falling into the food. Manners were very important in this culture. Francesc Eiximenis, a Catalan writing in the fourteenth century, described the correct way to take salt: "with the point of the knife, never with the fingers. Place it on the edge of the plate; it should never be put on the bread, nor on the tablecloth." These gentles

primarily ate with spoons and knives and had a whole selection of “spoon dishes”, for example, blanc manger which often called for a wooden spoon. (Santich 35-39)

As with many period cookbooks (and sometimes modern cookbooks), the *Libre del Coch* generally does not give cooking times in specific measurements. Usually the instructions will be until a certain consistency or until the item is thoroughly cooked through. Only one recipe (#76) has specific instructions to cook the meat for one and a half hours. I found it interesting that some directions are given as the time it would take to say a specific prayer. Recipe numbers 42, 48, and 130 all give instructions to cook something for “the space of a paternoster”. (Carroll-Mann: Footnote 53) “Paternoster” is the Latin version of the Our Father prayer which in Latin begins, “Pater Noster qui es in caelis...”.

Costs of Recreation

Like many other SCA arts and sciences, cooking is not cheap, especially experimental cooking where failure equals the compost heap. As someone who doesn't often cook for myself at home, recreating recipes can also be expensive as I don't have ingredients at hand. One example is the spice, saffron. Saffron was \$3.49/package (0.375g) and I used three packages in the course of testing and event preparation cooking. I also purchased many other spices for the first time. This is the cost of re-creating items which were eaten by nobility but recreated by modern middle class gentles.

I wanted to do this entry and try these specific dishes but the cost of some items kept me from recreating them to the fullest extent. I will note in the recipes when I have made substitutions.

Recipe #4. Clarea From Water (Clarea De Aqua)

To one azumbre of water, four ounces of honey; you must cast in the same spices as for the other clarea; you must give it a boil with the honey over the fire, and when it is off the fire you must cast in the spices.

(The “other clarea” is Recipe #3, “Spices for Clarea” which is the wine version of the drink.)

3. Spices For Clarea (5) (Especias De Clarea)

Three parts cinnamon, two parts cloves, one part ginger, all ground and strained through a sieve, and for one azumbre (6) of white wine, put an ounce of spices with a pound of honey, well-mixed and strained through your sleeve (7) of good thick linen, and strained through it often enough that the wine comes out clear.

Footnote (5) These are very different proportions from earlier versions. The 1525 edition calls for 5 oz. ginger, 6 oz. cinnamon, 1/8 oz. grains of paradise, and 1 oz. cloves.

Footnote (6) A measurement approximately equivalent to two liters.

Footnote (7) The sleeve was a long cloth bag, used to strain the wine so that no spice sediment remained in it.

My Redaction:

4 liters Water (see above, footnote 6, an azumbre = ~two liters, I doubled amount)
12oz Honey
1.5 tsp Cloves (whole cloves rough pounded)
3 tsp Cinnamon (chipped)
5 tsp Ginger (dried chipped)
2 tsp Orange zest (dried)

Heat water in soup pot. Stir in honey and bring to boil. Add spices and orange zest, let boil for a minute or two. Don't let it foam over. Turn off heat and let steep until cooled off a little. Strain through fine sieve. Serve warm.

Recreation Notes:

I first made this recipe for a non-alcoholic drink contest last April. At that time I followed the ingredients exactly and the drink was overwhelmingly spicy. For that contest I ended up using less spices and adding simple syrup (sugar water) to improve the taste for a modern palate. I also learned that using chipped spices was the way to make this drink so it comes out transparent although a certain amount of coloring is retained. Finely ground spices stayed in suspension rather than be strained out when I tried this the first time.

Carroll-Mann in her research concludes that troy ounces rather than avoirdupois ounces are used for measuring spices in the Libre del Coch. (Footnote 12) A troy ounce contains 31 grams and an avoirdupois ounce contains 28 grams. Three grams isn't that much of a difference so I just used my regular measuring equipment (the recipe calls for an “ounce of spices”). I did try straining through “good thick linen” but the quality wasn't noticeably different from straining with a standard fine mesh sieve.

Although it is not mentioned in the recipe, I added orange peel to the clarea. Sweet oranges are specifically mentioned in the Archbishop's menu/inventory. (Hernandez: 1) Fresh zest is best but dried peel worked equally well in cutting the harshness of the warm spices.

Although the recipe gives no directions on how to serve it, I prefer clarea warm. Recently I realized how close this drink is in essence to modern chai tea. Some may prefer to serve it cool or add more water. This makes Clarea From Water a versatile beverage for SCA events.

Recipe #84. Modern Pottage (Potaje Moderno)

Take well-cleaned and washed spinach, and chard, and borage; give them a boil with meat broth which is well-salted. And see that it does not cook too much, but they should be half-cooked. And remove them from the pot. And press these herbs between two wooden chopping blocks. And then chop them very well. And when they are well-chopped, take good fatty bacon; and gently fry it so that all of its fat comes out, and cast the fat of this bacon in a very clean pot, and gently fry the said herbs with this fat. And when they are gently fried, cast into the pot good strained milk of goats, or sheep, or almond milk, and cook it in your pot, and when the milk is cooked, the herbs should not yet be cooked. And then cast into the pot: cinnamon, ginger, and pepper, well-ground; and likewise, good streaky bacon cooked in the pot; and prepare dishes.

My Redaction:

4 Spinach bunches (cleaned up to be 2 large salad bowls of leaves)
2 Chard bunches (cleaned up to fill the soup pot with leaves)
28oz. Beef broth (2 14oz. Swanson brand cans)
4pc. Bacon
1 cup Almond milk
1 tsp Spices for Common Sauce

Make up almond milk (see below). Fry bacon until all fat comes out. Turn off heat and leaving fat in pan, move to another burner (no house fires, please!) Set aside crispy bacon. Wash and trim spinach and chard, if needed cut leaves so they will fit into soup pot (chard can be really tall). Bring meat broth to a boil (add more water if needed) and add leaves. The greens cook very fast so boil until they wilt, no longer than a minute. Drain well and remove from pot. Press greens between paper towels (may need to do this a couple of times until little water remains). Put bacon fat back on medium heat and add chopped greens and give a good stir to 'gently fry'. Add in almond milk in small amounts until it just makes a slight sauce. Add spices and crumbled bacon. Mix well and serve.

Recreation Notes:

I've only recently begun to appreciate cooked greens. Spinach was readily available, and my local grocery store also carries red chard. I could not determine what sort of chard would have been found in 16th century Spain so I used the red chard. Chard stems seem tough before cooking, but they soften nicely so one only needs to trim the bottoms off.

Borage is a spring plant normally used for its flowers in cooking. The leaves are slightly hairy and can be eaten but most folks don't think of them as a traditional vegetable green. I couldn't find borage in my grocery store and asked around for assistance. A few people replied and the consensus seemed to be the plant was out of season and some folks couldn't see eating the hairy plant. A friend had a one plant left in her garden but slugs had been visiting so it was inedible.

This is my recipe for almond milk, based on many different Continental recipes: one cup blanched and peeled almonds to one cup water and add water to almonds in food processor slowly. Pulse until almonds very finely ground. Strain and discard almond particulate.

I went through much thought on what kind of bacon to use. Modern bacon is salted and smoked. Input from local medieval cooking mavens indicated that medieval bacon would not have been smoked. I was not able to find written documentation on period bacon. I received lots of advice on other types of processed pork to use. Lard, salt pork, fatback, and pancetta were all recommended. (Madrone Culinary Guild: personal communications) Another recommendation was "country style ribs or stew cut pork with lots of marbling". (Mohr: personal communications). In the end I used modern commercial bacon as it was easy to procure and I understood how to use it. On person reminded me that the recipe calls for broth which is "well-salted". Since I purchased commercial beef broth I did not include additional salt due to the commercial processing of both the broth and the bacon. (Loyer: personal communications)

The recipe calls for the spices: “cinnamon, ginger, and pepper, well-ground”. One of my culinary interests is spice mixes in period (powder douce, powder forte, etc.) Recipe #1 in this cookbook is “Spices For Common Sauce (*Espicias De Salsa Comun*)” which I had made up previously. Instead of adding in the specific spices in this dish, I used my “Salsa Comun” blend. Here’s the recipe:

“Three parts cinnamon, two parts cloves, one part ginger, one part pepper and a little dry coriander, well-ground, and a little saffron if you wish; let everything be well-ground and sifted.”

I do not include saffron in my “Salsa Comun” blend. Saffron is very expensive, so including it in a general spice mix is cost prohibitive. The translator of the *Libre del Coch* also makes a case that saffron would have been added separately since many of the recipes include the direction to “take all fine spices” but some directions specifically say “take all fine spices except saffron”. (Carroll-Mann: “Fine Spice”)

After the initial test cooking party, I had leftover greens so I tried cooking them in olive oil without the almond milk. A little water in the final stirring helps spread the spices and it was as equally tasty as the fat version. If cooked in this fashion the dish would be a nice vegetarian substitute at a feast, and cooking in olive oil also makes this a Lenten dish. (Carroll-Mann, pt. 2:1)

Recipe #28. Pottage of Coriander Called the First (Potaje De Culantro Llamado Pimo)

You will take dry and green coriander and grind it all together in a mortar. And then take well-toasted almonds, and grind them well together with the coriander, and a crustless piece of bread toasted and soaked in white vinegar, and grind it all together; and after grinding it, take a hen which has been cooked in a pot and take the breasts from the hen, and grind them all together with the other things; and when everything has been ground, strain it all through a woolen cloth; and when everything has been strained, put it in the pot where it must cook and cast in a good quantity of sugar, and of all fine spices which are good, strained with the other things and cook it on the fire; and put in the pot, nutmeg, and mace, and cinnamon, and ginger, and cloves; and when it is cooked remove it from the fire and cover it as if it were rice, and let it rest. And then prepare dishes, and cast sugar and cinnamon upon them.

My Redaction:

1 tsp Coriander seed
1 Cilantro bunch, fresh (cleaned of stems)
1 cup Almonds (whole, toasted then chopped)
2 pcs. Bread (slices of plain Italian loaf, less crust, toasted)
~2 oz. White vinegar
3.5lbs. Chicken breasts (5 large bone-in split breasts)
1 cup Water from chicken preparation or prepared chicken broth
to taste White sugar
to taste Fine spices [nutmeg, mace, cinnamon, ginger, cloves]

Boil and debone chicken breasts, retaining and setting aside some liquid (or use chicken broth). Shred and chop chicken and set aside. Toast almonds and pulse in food processor into big chunks. Take bread, cut off crusts, toast it, and dip it in white vinegar. Break bread into pieces and add to food processor. Crush and add coriander seeds to food processor. Remove big stems from cilantro and add to food processor. Pulse all together to a fine texture. Put shredded chicken back in pot and add water or broth until slightly soupy. Stir in food processed ingredients. Add sugar and spices and let heat through. Cover and remove from heat. Serve warm with a final sprinkle of sugar and cinnamon.

Recreation Notes:

The recipe calls for cooking a whole chicken and just using the breasts. In a royal/ecclesiastical household I doubt the leftovers would go begging, but since I'm cooking for a small group I purchased split bone-in chicken breasts which were on sale at the grocery store.

Throughout the cookbook there is the direction "strain it all through a woolen cloth" which doesn't really mean separate solids from liquids. For the most part it means "force through mesh" to produce a mush which a potato ricer would replicate. I do not own a potato ricer and could not find a modern wool cloth of such a texture to be used as directed. Using a food processor is another choice. One has to be careful that the food processor doesn't purée the ingredients, so I use the "pulse" function provided by my helpers Black & Decker while keeping a close eye on the texture and using a spoon or spatula to force the mixture down towards the blades.

The directions on this dish are confusing to me. In the test cook I assumed that the chicken stock was removed from the pot, so when the dish was added back to the pot for spices and sugar, a fine grainy cereal-like dish was produced (as there was no liquid medium). One taster in the test cook called it "Chicken Chex". In re-reading the recipe, I believe the author has assumed the cook will know to retain liquid in the pot and return the chicken/sauce to it. It's the direction, "and when it is cooked remove it from the fire and cover it as if it were rice, and let it rest" that was the deciding factor for me. The dry version is completely finished when mixed with the sugar and spices, why would it need to set? Whereas, if there were liquid remaining in the pot, then setting off to the side to rest would allow liquids to be absorbed into the chicken/sauce mix. I have brought in both versions for tasting.

Recipe #51. Thick Eggplant (Berenjenas Espesas)

Clean the skin off the eggplants and put them in cold water; and then set them to cook in a pot with a pair of clean onions in meat broth that is fatty. And while it cooks, stir it constantly with a wooden stirrer; and then take peeled blanched almonds, and grind them well in a mortar and blend them with good mutton broth or hen's broth, and strain them through a woolen cloth. And when the eggplants have been strained, they will be close to cooked, then cast them into the milk until they are cooked. And cast on them good cheese of Aragon, grated, then turn them about with a haravillo, just like gourds. And when they are thoroughly stirred with the haravillo, cast on them egg yolks and other things: ground dry coriander; and upon the coriander, cast in the pot nutmeg and caraway and cinnamon and cloves, all ground; and cast it in the pot, and then prepare dishes; and upon each one, cast grated cheese of Aragon, which is very good.

Glossary note: Haravillo

A kind of implement for stirring/beating food. Its description and the meaning of its name are unknown. It appears in those recipes in which the food (such as boiled gourds and eggplant) is to be so well-stirred that it is nearly puréed, with not a lump remaining. Several of the parallel recipes in the Libre de Coch use the term *estrijol*, which in Catalan means a brush with iron bristles, used for currying horses.

My Redaction:

3	Eggplants, medium	.5lb	Romano cheese (grated)
1	White onion, large	4	Egg yolks
24 oz.	Chicken broth	1 tsp	Spice mix (Dry coriander, Nutmeg, Caraway, Cinnamon, Cloves)
1 cup	Almonds (whole, blanched, peeled)		
.5lb	Parmesan cheese (grated)	1 tsp	Caraway seed

Peel and quarter eggplants. Prepare onion (cut across hemisphere and then into thin wedges), add to eggplants and cover with broth (add water to broth to stretch if needed). Cook until eggplants are tender and becoming soft but not mushy. Eggplant has a tendency to float so stir often pushing top pieces down to the bottom of the pot. Make almond milk using chicken broth and almonds. Strain eggplants then add almond milk to the pot (add until the consistency is saucy but not watery). Add grated cheese using potato masher to simultaneously mash and stir. Add more almond milk if needed. Add egg yolks one-by-one, stirring constantly with potato masher. Stir in spices. Finish with a sprinkling of grated cheese and serve warm.

Recreation Notes:

As discussed in the introduction I made substitutions in some instances to keep costs down. The Spanish cheese, Tetilla, that was recommended to me for this dish was \$14.99/pound! In looking at other recipes in the cookbook, I found that Recipe #158 calls for, "another layer of buttery cheese of Parma, or of Aragon" and Recipe #132 calls for "Whatever sort of cheese that is buttery or fit for roasting is good: that which they make in Lombardy or Parma, or Brufalino [Italian cheese made from buffalo milk] or Cascavallo [more likely, Caciocavallo, an Italian cheese made from cow's milk] or cheese from Aragon and Navarre." The more available "cheese of Parma" or Parmesan was my first choice though when I went shopping only one wedge of Parmesan was available. I used another wedge of Romano which is close in flavor and texture to Parmesan. The cost of the Parmesan cheese was \$5.99/pound and the Romano was \$6.99/pound.

To make the spice mix I used: ½ tsp coriander, ½ tsp nutmeg, ½ tsp caraway, ¼ tsp cinnamon and ¼ tsp cloves. It made a nice blend on it's own. I added additional caraway to the finished dish to heighten the flavor of that spice.

Eggplants are soft enough that this dish does not need the use of a food processor. I chose to slice the onions in such a matter that they would retain their shape and flavor in the dish. I didn't want this dish to be yet another puréed glop so I did not mash the eggplants to the point of smoothness. This is a very rich side dish.

Recipe #110. Dobladura Of Mutton (Dobladura De Carnero)

You will take a crustless piece of bread and remove the crust (82), and toast it so that it is not burnt, and set it to soak in the meat broth; and then take fatty bacon and fry it gently until all of the fat comes out; and then gently fry with it an onion, very clean, and cut small; and take a good quantity of toasted hazelnuts, and grind them with the toasted bread that was soaked in the broth; and after grinding it well, blend it with the meat broth, and strain it through a woolen cloth; and then take the meat and make pieces as big as two fingers and gently fry them with the bacon fat; and after gently frying it, mix it with the onion; and then take fourteen egg yolks, and all fine spices, and a little saffron, so that it has the color of the flowers of hiniesta or broom (83), and beat the eggs very well with the spice, and cast them into the pot to cook with the bacon and with the onions; and cook it long enough to turn quite thick; and when it is cooked, prepare dishes; and [cast] upon them ground cinnamon, and [cast] upon the cinnamon, seeds of sweet pomegranates.

Footnote (82) A redundant instruction, but that's what the text says. Take a *migajon* (crustless chunk of bread) and remove its crust.

Footnote (83) "Hiniesta o retama" — both are words for the broom plant.

My Redaction:

6 pcs. Bacon
1 Bread chunk (crusts removed and toasted, about 2 big slices from Italian bread loaf)
2 oz. White vinegar
2 White onions, medium, minced
2 cups Hazelnuts, chopped (standard 8oz. package of chopped hazelnuts is 2 cups)
14 oz. Beef broth
4.5 lbs Beef chuck roast, cubed & defatted ("cut into squares of 2 fingers" (1.5" squares))
6 Egg yolks
2 tsp Fine Spice mix
1 pkg Saffron (0.375g)
to taste Cinnamon powder

Fry bacon until all the fat comes out of it (actual bacon is not used in the recipe). Add onion and stir. Add cubed beef and stir. The meat will release some water, leave on medium heat and let cook and reduce, this takes 10-15 minutes on medium heat. Toast hazelnuts and put them in food processor and pulse a few times. Toast crustless piece of bread, soak in vinegar, and add to hazelnuts. Grind slowly, adding broth to mix. Keep adding broth until the hazelnut/bread mix is stiff sauce consistency. When beef is mostly cooked, add hazelnut/bread mix to the pot. Stir well and let reduce if needed. Steep saffron in a little broth and add egg yolks and spices to it. Beat together well then add slowly to meat pot, stirring constantly to make a sauce. Cook until thick. Top with cinnamon powder and serve hot.

Recreation Notes:

The translator does not give a translation for "dobladura" for any dishes with that name in the cookbook. A Spanish/English dictionary defines the word as "pleat, wrinkle, fold".

The biggest substitution in this dish is the use of beef roast for mutton. Lamb was more readily available but the price ranged from \$2.99/pound to \$10.99/pound. Mutton was available at the halal market but I substituted a beef roast which I got on sale for \$1.99/pound. Santich states, "In Catalonia the standard roast was mutton; in the fourteenth-century Catalan cookbook, *Libre de Sent Sovi*, recipes using mutton far outnumber those for pork, kid, beef, and veal." (21) Whenever the *Libre del Coch* says "carnero" meaning "meat" the translator has called for mutton. The recipe calls for cutting the meat into chunks the size of "2 fingers". The "dedo" or "finger" is a measurement in medieval Spain. Its size was somewhere between ½ inch and ¾ inch (about 1.6 cm). (Carroll-Mann: Glossary: Finger)

In the test cook it was decided that the hazelnuts were lovely but the dish overall was unexciting. Last year for the single entry competition I did a Portuguese beef dish where the beef was marinated in vinegar, and this sounded like a good solution for this dish. I checked the cookbook for other meat

recipes that included vinegar: #22, #124, #146, #160. Recipe #22 has bread soaked in white vinegar, the other three recipes either add verjuice or vinegar to the dish itself. The substitution of bread/vinegar instead of bread/broth seemed justified as Recipe #22 is very similar to this dish using kid (goat) instead of mutton.

I used two onions for the amount of beef in my redaction, as we do not know the amount of meat used by the original author. For this same reason, I added egg yolks one-by-one when doing the test cook and only added enough yolks to make the sauce instead of using the "14 egg yolks" called for explicitly in the recipe. I couldn't get pomegranate seeds. I might have substituted raisins used in other recipes in the cookbook but decided that the cinnamon was enough.

My fine spice mix is based on the discussion of "fine spice" in the glossary:

"Nola goes on to specify which particular spices are meant for that recipe. These include: cinnamon, cloves, ginger, grains of paradise, mace, nutmeg, and saffron. In other recipes, when he says "all fine spices," without further detail, it's not clear if he intends the cook to add all of the spices above, or simply to use his own judgment."

The measurements I used are: 3 tsp ginger, 2 tsp cinnamon, 1 tsp cloves, 1 tsp grains of paradise, 1 tsp nutmeg, and 1 tsp mace. I added saffron separately as the recipe says "and all fine spices, and a little saffron."

Recipe #16. Apple Dish (Pomada)

Take apples which should be sour and sweet, and quarter each of them; and peel them, and remove the core; and then put them in cold water, and if they are very sour give them a boil; and then take peeled almonds and grind them well; and put the apples in the mortar and grind them together with the almonds very vigorously; and when they are well-ground, blend it all with good hen's broth and strain it all through a woolen cloth; and put everything in the pot where it must cook; and take ginger which is fine, peel off the skin until it is white, and make of it little pieces the size of half a finger; and put them to soak the night before in good rosewater until the morning; then take whole cinnamon, and tie it with a thread together with cloves and scald them with hot broth and when the cloves and the cinnamon are scalded, put the pot on the fire with the apples; and put a good quantity of sugar in it, and when it is more than half cooked, take the soaked ginger and cloves and cinnamon; and put them all in the pot, and if it does not taste enough of ginger, put in a little which is ground until the sauce tastes of ginger; and when it is cooked you will cast the rosewater in the pot; and prepare dishes; on top of them cast sugar, and cinnamon if you wish.

My Redaction:

5 each	Apples, medium, Granny Smith & Red Delicious	2 tsp	Cloves, whole
		3	Cinnamon sticks
2 cups	Almonds, whole plain	2 tsp	Ginger, powdered
3" pc.	Ginger, fresh	½ cup	Dark brown sugar
2 oz.	Rosewater	1 tsp	Cinnamon, powdered
~17oz.	Chicken broth		

Peel fresh ginger and mince; soak overnight in rosewater. Peel, core, and quarter apples. Put apples in pot and cover with water. Boil until not quite soft. Drain and mash with a potato masher. Blanch almonds and remove peels. Grind almonds finely in food processor. Add apples to almonds and pulse in food processor, adding chicken broth slowly. Drain fresh ginger from rosewater. Put minced ginger, whole cloves, and broken up whole cinnamon sticks into a cup. Cover with hot chicken broth, let steep. Sieve and remove cloves and cinnamon. Add minced ginger and broth to food processor. Blend all together until smooth. Add sugar (if desired). Add powdered ginger (to taste). Finish with powdered cinnamon. Serve warm or cold.

Recreation Notes:

This recipe isn't written in the order of cooking. It must be analyzed thoroughly before cooking, or one could easily miss the overnight pre-preparation of the ginger. In the testcook, I cut the fresh ginger pieces into larger slivers and it didn't go over well with the tasters. The minced ginger has a nicer texture and spreads the rosewater through the applesauce more. I did not add more rosewater as this was enough for my taste (I don't care for rosewater and a little of it goes a long way).

In period, huge mortars and pestles were also used to grind or mash food. The apples were soft enough that I used a potato masher on them and then I used the food processor to grind the almonds. It may be that in period the almonds were reduced to a paste-like consistency.

Although I used dark brown sugar, white sugar was available in period (if expensive). Colors of sugar depended on where it came from and what the processing/refining was like in that area. Egyptian sugar was white due to refining and Fleming states, "From the 13th to the 15th centuries, Egyptian sugar was the preferred kind with Venice serving as the middleman. Common in Italy and Spain, sugar remained a luxury in the more northern European countries for many years." (20)

I also decided to remove the whole cloves and whole cinnamon to give the applesauce a clean look. This recipe is very similar to other period applesauce for feast day recipes with addition of a meat broth.

Recipe #168. *Mirrauste* Of Pears[...] is much the same recipe using pears but no ginger is included. An interesting variation would be to include pears in this recipe.

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Appendix A. Translation of the Menu

Muestrario De La Mesa Del Arzobispo - 1568 Lunes, 9 de febrero de 1568.	Sample Book Of The Archbishop's Table 1568. Monday, February 9, 1568.
Comida: comen Su señoría y 4 caballeros:	Dinner: His Lordship eats, and four knights (gentlemen):
Pan vino y naranjas dulces. - 2 gallinas asadas. - 6 perdices asadas. - Costrada de medio cabrito (5 huevos en yemas, manteca y especias). - Jabalí asado. - Albondigas apedreadas de carnero con 8 huevos en yemas. - Carnero cocido, 2 libras. - Nabos en tocino. - Puerco cocido, 2 libras. Peros, 4 libras. - 2 cardos. - Aceitunas y queso, 50 nueces.	Bread, wine and sweet oranges. - 2 roasted hens. - 6 roasted partridges.- Half a kid in crust (5 egg yolks, lard and spices). - Roast boar. - "Stoned" ram meatballs with 8 egg yolks. - Stewed ram, 2 pounds. - Turnips in bacon. - Stewed pork, 2 pounds. - Large apples, 4 pounds. - 2 cardoons [a thistle-like plant, <i>Cynara cardunculus</i> , allied to the globe artichoke, with leaves used as a vegetable]. - Olives and cheese, 50 nuts.
Cena: comieron Su señoría y 2 caballeros:	Supper: His Lordship ate, and 2 knights:
Entrada contada. - 3 perdices asadas. - 1 conejo. - 3 gazapos. - Cabezuelas de cabritos asadas. - Torta de queso. - 6 huevos. - Postres contados.	Assorted appetizers. - 3 roasted partridges. - 1 rabbit. - 3 coneys [young rabbits]. - Roasted small kid's heads. - Cheesecake. - 6 eggs. - Assorted sweets.
Original text from the Hernández website.	Translation of the Spanish text provided by various members of the Medieval_Spain list.